I-ACT

International Association for Colon Hydrotherapy

Quarterly

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I-ACT Policy Statements:

I-ACT requires the use of currently registered FDA equipment and only disposable speculums, rectal tubes, or rectal nozzles. However, should the Therapist use reusable speculums, these speculums should, at a minimum, be autoclaved for sanitation and cleanliness (30 minutes). Additionally, the autoclave unit must be tested and inspected by competent authority at least four times per year- maintain documentation. (Under NO conditions should a disposable speculum or rectal tube be reused). Individuals that use reusable speculums and/or are not using FDA registered devices will be removed from I-ACT membership on 12/31/2018.

I-ACT recognizes the FDA classifies equipment used to instill water into the colon through a nozzle inserted into the rectum to evacuate the contents of the colon into three distinct classes; Class I (Enema Kits), Class II and Class III are (Colon Irrigation Systems). Follow the guidelines of your manufacturer, as approved by the FDA for the type of equipment (devices) you are using. Make no claims as to the use of your device other than those approved by the FDA.

The main differences between Class I and Class II devices:

The code of federal regulations CFR 876.5210 & 876.5220 describe the differences between the Class I and the Class II devices. From that regulation, a Class I device is an enema system and does not include â€œcolonic irrigation devicesâ€ . A â€œcolon irrigation deviceâ€ is a Class II device, which in part is described as: â€œThe system is designed to allow evacuation of the contents of the colon during the administration of the colonic irrigation.

The Class I Device:

- The Class I device is defined as an enema system and may not have temperature control, temperature gauges or water purification as part of the device. Class I enema systems must be self-administered.
- Manufacturers of Class I devices are not required to have third party oversight as they need not com-ply with the good manufacturing practices and record keeping that are required of Class II manufacturers. Class I devices are not as heavily regulated and controlled by the FDA as Class II devices are.
- Owners of Class I devices may not market their service using the terms "colonics or colonic irrigation" in describing the scope of their practice of evacuating the contents of the lower bowel.

The Class II Device:

- The Class II Device is a “colonic irrigation device”.
- Manufacturers of Class II devices are required to have third party oversight and must comply with the good manufacturing practices and record keeping that are required by the FDA. Class II devices are heavily regulated and controlled by the FDA.
- The FDA requires Class II devices to be sold and used on or at the order of a physician or health care practitioner. This may be different in each state.

Although I-ACT is not aware of any laws that preclude you from assisting an individual with an enema, I-ACT does want you to consider upgrading your equipment to the equipment that provides the greatest safeguards to the public. In this profession, that would be equipment marketed as Class II devices.

Remember that I-ACT strongly recommends that all I-ACT members use FDA registered Class II devices or devices equivalent to Class II devices regulated by the appropriate agency in your country. Only individuals using FDA registered equipment will be placed on the I-ACT Web Site. As of 12/31/2018, only individuals that use FDA registered devices may be I-ACT members. Purchase equipment at your own risk. Ensure you are in compliance with your local, state, federal and country guidelines. Ensure that equipment you purchase is cleared for use in your country.

I-ACT recognizes there are two distinct types of colon irrigation systems; open and closed systems. However, it is I-ACT policy that the colon hydrotherapist / technician is always in attendance / or is immediately available to the client throughout the session. The degree of assistance is to be in compliance with the instructions of the manufacturer of the equipment as registered with the FDA, and/or as directed by a physician.

The policy on insertion is to require the client to insert the rectal tube or speculum; or, follow the instruction of the referring physician; the guidelines of the manufacturer as approved by the FDA; or the directives from the authority of your city, county, state, or country ordinances.

I-ACT recommends that you do not put the initials (CT) for colon hydrotherapist after your name, write it out in full. According to most state laws, putting initials after your name is not allowed unless you are licensed or have a degree from an accredited professional school.
Advertising copy which states or implies that colon hydrotherapy can treat any disease, promise cure for any disease, or that makes unsubstantiated medical claims SHALL NOT be used.

a message from the president

Growing up on a farm in central Illinois, one might think I would like bugs; not so much. I earned an A on my insect collection project for biology, but I didn't want to do the collection let alone classify each as to genus, species and common name.

As I began to learn about the bugs that live in our bodies, and the difference between good and bad bugs in the digestive system, I gained a little better appreciation for the bugs of the earth. We need good and bad bugs for survival. The eco system depends on them, just as the microbiome inside does.

This issue of the I-ACT Quarterly is dedicated to **healthy bugs inside and out**. Do you have a garden? Even if you live in the city, there are great ways to grow a garden in pots and baskets. Do you spend time outside grounding? It's one of the best ways to naturally energize the body, even if you don't like the bugs that are around. Do you desire good digestive health? Understanding bugs and how to balance the gut and body is a great way to make this happen. These are just some of the articles included in this issue of the I-ACT Quarterly, so be sure to read through the pages for all the great information gathered.

I've heard it said the only constant in life is change, and as I look around our professional world, there is much change happening. You've seen the transformation of this publication – increased information, more relevant articles to help you in your business, member highlights and news, and a whole new look. You've seen the educational changes that increase our knowledge with higher standards for certification and more enhanced curriculum to come. You've seen the old way turned into the new way with a new face and strategic direction that builds on what we've learned since I-ACTs beginning in 1989. Yes, change happens.

Positive change is important. That's why your board of directors is so excited about the strategic direction we are heading. We have learned from the past, for which we are grateful. We have enhanced the present, for which we are honored. We move to the future, for which we see a positive and affirming status for colon hydrotherapy professionals everywhere.

One of the biggest changes this year is the new **I-ACT LIVE!** Conference Event happening in June. Speakers include Brenda Watson, Dr. Denise Chranowski, Amy Rawls, Dr. Bob Hoffmann, Sharik Peck, Dr. Patrick Porter, and your board of directors. It's a new format filled with the latest information, learning opportunities, and connection with exhibitors.

It is so incredibly exciting that we can be together in-person and via live streaming. Be sure to check out the details and get registered for the option you desire; in-person attendance is limited, so register today!

It's also award nomination time, the highest honors bestowed in our profession. Be sure to get your nominations in for Colon Hydrotherapist of the Year, Instructor of the Year, and the Connie Allred Award; details can be found in the members only section of the web site.

Finally, I want to express my gratitude for all those involved in the legislation currently being finalized in Washington State to **keep colon hydrotherapists protected to practice.** Kristi Zimmer, Gail Marie Palms, Dick Hoenninger, and the WAACH leadership team have worked with the DOH to get a bill in place that takes us one step closer to the future - the right to practice protected.

Change is afoot, and you have the opportunity to participate in all that's ahead of our profession. **There has never been a better time to be a certified I-ACT colon hydrotherapist!** We look forward to hearing from you as we move forward together.

CATHY AGASAR, I-ACT PRESIDENT

National Board for Colon HydroTherapy
NBCHT

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From The Desk Of: Bekki Medsker, ND, D.Ch.
NBCHT President

To: All Members of NBCHT

We hope this letter finds that you and yours are safe and healthy and ready for a fantastic Spring.

We have a great announcement for our members, it looks like the State of WA will be accepting the NBCHT Exam as their credentialing exam, similar to the way the state of FL accepts our exam. This demonstrates the value of being credentialied by the NBCHT.

With that in mind, if you are an I-ACT member at the Intermediate level, you might consider taking the NBCHT Exam.

We hope you all understand that as a practicing Colon Hydrotherapist, you should be able to pass the new NBCHT exam. The new exam is an "entry level" exam.

Have faith in yourselves and believe you know what you are doing, then register and take the new exam.

There is a big difference between being NBCHT Certified and being NBCHT Credentialed. Only those that have taken the new exam can say they are NBCHT credentialed.

As a reminder, the NBCHT has new CEU requirements that are officially in effect. You must get 12 CEUs every year. They can be received at the convention (but attendance at the convention every year is not required); however, if you do attend a convention you must turn in the CEU sheet verifying you attended a minimum of 12 CEUs during the convention. Additionally, you will maintain your CEU verification documents and provide them to the NBCHT only if you are asked to provide the verification. The NBCHT Board will randomly select individuals to verify their CEU completion. If you have any questions about your CEU requirements for this year, please contact the NBCHT Office. (210-308-8288).

Thank you for doing your part to help us grow our Association and our Profession.

Sincerely,

Bekki Medsker

Bekki Medsker, ND, D.Ch
NBCHT President

RESEARCH DOCUMENT

GUT MICROBIOTA'S CONNECTION WITH AGING

February 27, 2022

There is no question that successful aging lies partly in the gut. Your gut microbiota changes as you age and what you do to be healthier and live longer has a lot to do with your gut microbes.

While the gut microbiota tends to remain the same in adulthood, as people age, some patterns of decline become apparent. After age 60, the gut microbiota varies greatly from person to person with a decrease in diversity and an enrichment of bacteria that are potentially harmful.

Scientists found that those that showed the greater change in the make-up of the gut microbiome tended to be healthier and live longer, whereas the microbiomes of less healthy individuals remain relatively stable, and they tend to die earlier. As a result, it seems that gut microbes tend to adapt to the body, resulting in a particular composition when people are young and changing to another state as they age. So, age related changes in the gut microbiota are not necessarily harmful for everybody.

A decline in cognitive and immune function is common as people age but the role of the gut microbiota in this instance is not completely understood. It was found that fecal microbiota transportation from young to old mice slowed down cognitive impairments, restored some chemicals involved in learning and memory, and lessened inflammation. The hypothesis is that changes in gut microbiota composition in aging may be related to age-related changes in cardiovascular, immune, and gastrointestinal health. Successful aging might lie in the gut but first we must consider to what extent healthy aging drives changes in the gut microbiota or vice versa.

Age-related changes in the gut microbiota are important as they are related to physical and mental health, along with lifestyle, matter more than genetics in terms of having a gut microbiota in good shape.

Compiled by:
Mark Buse, I-ACT President Elect
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SPOTLIGHT on instructors

Look who's inspiring the future with I-ACT

Hailing from Canada, Sue Wilde has been a practicing colon hydrotherpaist since 2003.

While employed by Canadian Airlines, Sue became ill with an autoimmune illness, which is what led her to learn about the healing power of body cleansing through colon hydrotherapy and raw, fermented, living foods in San Diego, CA. She then started a business growing wheat grass and microgreens, which she supplied to juice bars and health food stores in Alberta, Canada, for nearly 10 years before opening Inner Garden Health in Vancouver, BC. She has two centers, and employs six I-ACT certified colon hydrotherapists.

Becoming a certified I-ACT instructor helped Sue gain a deeper understanding of the digestive system. She is very grateful for the education and the guidance she received along the way, and says it made her want to learn even more. Although covid almost kept her from completing the process, she is now ready to share all she has learned with students who come to her for training. She has her grand opening for Inner Garden School for Colon Hydrotherapy in April, 2022.

Congratulations on your accomplishments, and best wishes for much success! Welcome to the I-ACT instructor core!

You only have to ask her how she became a certified I-ACT instructor to know France Robert is committed and passionate about teaching the next generation.

France has been an active member of I-ACT since the mid-90s. She has dedicated herself to education, serving on the Senior Education Committee and helping to shape the future of education and training standards for the profession.

Originally from Canada, France worked and trained with I-ACT founder, Connie Allred. "I learned so much," France said, "and as I learned, I saw possibilities for growth. I love seeing that come alive with each of my students as they develop their skills as a practitioner." She says the biggest value of I-ACT membership is education and certification.

France is proud of the growth and transformation her school, Internal Environment Institute. Started in Santa Monica, CA, she closed the brick and mortar school in 2020 and now collaborates with other I-ACT instructors/schools by traveling to the students. "This model allows me to do what I love - teach and travel!"

France resides in Michigan with her husband, Mark, and enjoys time with her grandchildren. She continues to be passionate about I-ACT, colon hydrotherapy, and professional education at every level.

MEET THE members

A certified I-ACT instructor who lives and practices in West Hempstead, NY, Immacula Oligario is a dedicated colon hydrotherapist, naturopath and health coach who became a certified I-ACT instructor to pay forward the education and training she received. She said that's the most important thing to keep the profession growing.

Immacula believes in respect, compassion, care, education and integrity when it comes to caring for her clients.. She says it's the best feeling when a client or student "gets it" because she knows that she has fulfilled her purpose. She also loves to watch her students become passionate about colon hydrotherapy. "I love to see the lightbulb come on. It makes me feel like I've done my job in that moment."

She has been an active I-ACT member since 2010, and says there are many benefits to membership, including continuing education, mentorship, and the Friday Connect Calls. She looks forward to the I-ACT LIVE! Conference Event in June as she will be participating via livestream.

Immacula is passionate about reading, writing, and researching natural ways to keep the body in balance. She says it's like doing a jigsaw puzzle, which is fun. She is a very positive person, and shares that with everyone she meets. She is determined, self-reliant, and loves time with her family.

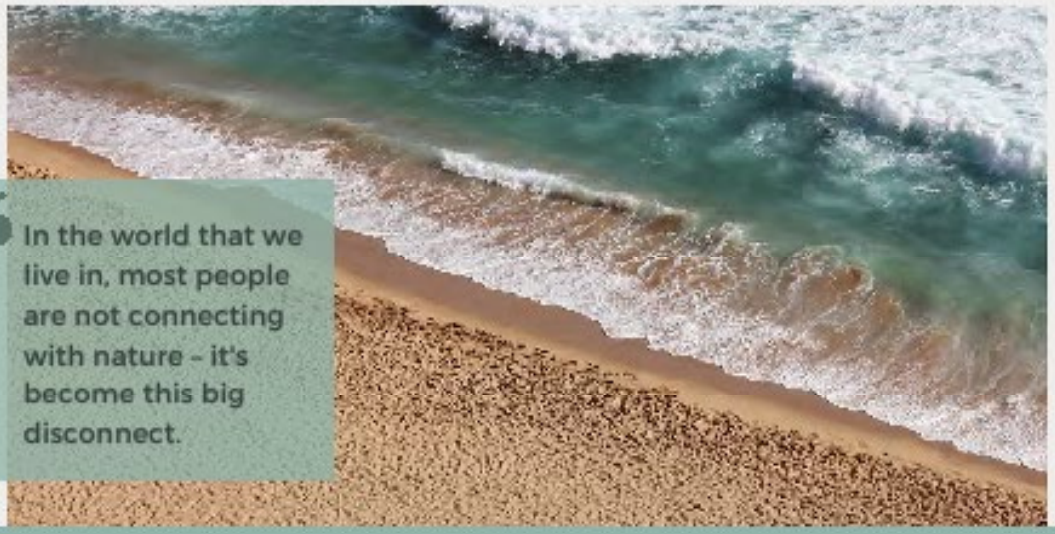
we ♥ our members

Want to be featured? Send us an email with a little about yourself, your web site and a recent photo; we'll do the rest! We look forward to meeting you soon!!

photos please?

The I-ACT Board is putting together a retrospective of I-ACT history. If you have photos from past conventions, regional events, member gatherings, trainings, etc. please send them to the I-ACT office by May 10. Thank you!

Benefits of Grounding



Written by Gail Marie Palms, I-ACT Vice President

Grounding, which indigenous cultures have practiced for millennia, can bring on health benefits ranging from reduced inflammation and improved circulation to better moods and sounder sleep.

Many of us do not experience these incredible effects as profoundly as we could because we are constantly separated from the Earth by shoes and sidewalks as much as our busy minds and schedules. In contrast, many indigenous cultures actively honor and celebrate our beautiful planet on a regular basis. They value their relationship to Mother Earth and the nourishing, healing effects she has on our bodies.

"In the world that we live in, most people are not connecting with nature - it's become this big disconnect. To make a conscious connection to get out into the energy of the earth really brings a lot of health benefits. Everybody who goes to the beach and connects with the ocean and the sand always feels energized and better."

Your immune system works its hardest when it's supercharged with electrons, which can be obtained in abundance in a surprisingly simple way: walking barefoot on the earth. Because our feet are locations for the connected muscular webbing known as fascia, absorbing energy through the feet—a practice called grounding or earthing—promotes healing throughout the entire body.

The Earth is like a gigantic battery containing a natural, subtle electrical charge—a special kind of energy present in the ground. For safety and stability, almost everything in the electrical world is connected to it, whether it is an electric power plant or your refrigerator. That's what the term "grounded" means. It refers to direct

skin contact with the surface of the Earth, such as with bare feet or hands, or with various grounding systems.

The Body-Earth Connection
The body is composed primarily of water and minerals, making it a great conductor of electricity. When you come into direct contact with the earth—your soles pressed into the soil, bodies pressed against the grass, fingers weaving through particles of sand—the free electrons on the earth's surface are absorbed into the body. This energy travels through your energy field, balancing the body.
The bottoms of the feet have long been considered maps of the rest of the body, so by grounding through the feet, you are simultaneously allowing currents of rejuvenating charges to power your vital organs and synchronize the systems of the body. Electrons are also likened to antioxidants in their ability to reduce inflammation and stimulate red blood cell circulation.

Increase in Illness
Many people live with daily pain and constant stress, anxiety, depression, and fatigue. They feel out-of-sorts--not centered, strong, or solid. Doctors often can't find the cause and resort to prescribing medications that produce side effects like fatigue, poor mood, gastrointestinal upset, and headaches.

There has been an increase in the number of people suffering from autoimmune diseases. Fifty million people in the U.S. are suffering from diseases including, Multiple Sclerosis, Lupus, inflammatory bowel disorders, rheumatoid arthritis, and more.

Get Grounded
There are many ways to connect more deeply to the earth you live on. Start with something small and incorporate a practice or two, five to 20 minutes a day.

Roam free often. In an idyllic world, we could all walk free with neither shoes nor care. But having your feet touch the grass for extended amounts of time can feel next to impossible. There is always a wood floor, a slab of concrete, or a high heel acting as a barrier to conduction. So take your opportunities when you can, walking barefoot or even laying still on the ground to connect your entire body to Mother Earth.

Eat directly from the earth. Another way to get more grounded is to connect to our planet through the food you eat. Eating locally and organically allows you to absorb the energetic properties of the sun and the soil. You connect back to source through deliberate food choices and the act of mindful eating.
Re-establish your roots. Take the time to connect with the earth in other ways. Take a walk in your favorite park or trail. Meditate by a favorite tree or take up a gardening project, getting your hands in the earth and growing something living like vegetables, plants, or flowers.

Show gratitude. We often walk through the world taking for granted the transformative energy and beauty it gives us each day. Remember to show gratitude each and every day.

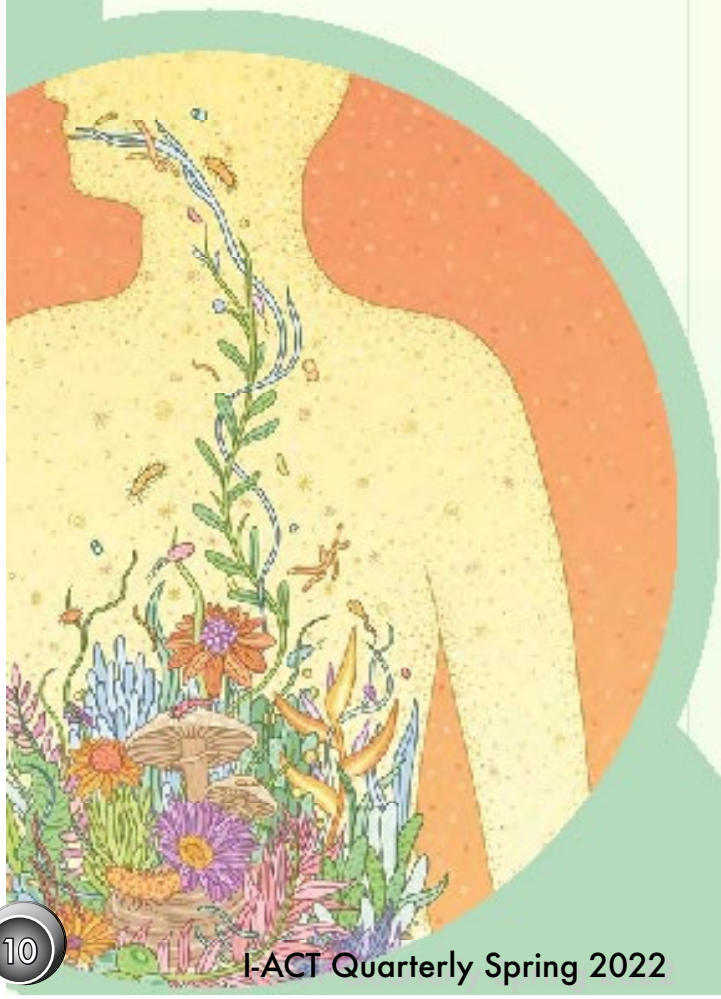
> “Subjective reports that walking barefoot on the Earth enhances health and provides feelings of well-being can be found in the literature and practices of diverse cultures from around the world.

sources used:goodnet.org, sakara.com and health.usnews.com

Toxins Could Prevent You From a Healthy Gut

from the doc's perspective

By Drs. Joe and Shirley Rufrano, D.C.



Did you know that there are lots of tiny, living organisms inside your body? No, we're not talking about scary parasites or yucky worms. We are referring to the bacteria that live in our bodies. And while being made up of microscopic beings might not be the most pleasant thought at first, understanding how good bacteria assist our body and its functions, and learning how to shape our diet and lifestyle to support their important work, is crucial in having a truly healthy body, inside and out!

Every person has what is called a microbiome. As Levy explains,1 this is the term for all the microorganisms (bacteria, fungi, or viruses) that exist within that person's body. But a major component of everyone's microbiome is the good bacteria in their gut – bacteria that support a healthy digestive system. Incredibly, writes Dr. Axe,2 you have just about the same number of gut bacteria as you do cells, which goes to show just how important this bacteria really is!

A healthy makeup of gut bacteria in the digestive system promotes many of your body's natural functions. It helps you absorb minerals, vitamins, electrolytes, and other nutrients from food; it helps eliminate waste and toxins from your body; it has been shown to help regulate your mood; and it helps keep your immune system strong.2

On the other hand, an unhealthy makeup of gut bacteria can lead to a host of serious problems and symptoms. If the bad bacteria in your gut outnumbers your good bacteria, your body cannot absorb nutrients from food or eliminate waste effectively. You may also experience a number of issues, including mood disorders, fatigue, aches and pains, severe asthma and sensitivities, cognitive issues, and even life-threatening diseases.1–3 "Too much gut bacteria can make you turn

fiber into fatty acids," explains WebMD;3 "this may cause fat deposits in your liver, which can lead to something called 'metabolic syndrome' -- a condition that often leads to type 2 diabetes, heart disease, and obesity."

So how do the good and bad bacteria in our gut get out of balance?

Unhealthy diets and lifestyle choices, as well as high amounts of stress, play a major role in the accumulation of harmful gut bacteria.1-3 Along with avoiding antibiotics as much as possible, exercising regularly, and having a good sleep schedule, a healthy gut is primarily achieved by a healthy diet,1-3 and we're not talking about a diet that you sign up for with your credit card! We're talking about the food you eat every single day for the rest of your life! Focus your daily food intake on fresh vegetables, unprocessed animal-based protein (wild caught fish, cage-free eggs, pasture-raised meat,) healthy fats, and whole pieces of fruit.1

But an unbalanced and unhealthy gut can also specifically result from the buildup of toxins. Toxins are chemicals, heavy metals, or other compounds that overburden and cause damage to the body. These toxins can come from the end result of normal body functions like breathing and digestion, but they are also absorbed or ingested from our environment and the products we use, and our exposure to these toxins begins before we are even born!

"In a study of newborn blood released by the Environmental Working Group," writes Todd Zwillich,4 "an average of 200 industrial chemicals and pollutants were found in umbilical cord blood from 10 babies." This study shows that our world is working against us from conception, beginning a lifetime of prolonged exposure to dangerous compounds.

Toxins in our bodies can come from the air in the form of pollutants, but they also get into our bodies through our food and water. "No matter how careful you may be," reports Sandee LaMottee at CNN,5 "the food you eat and the beverages you drink likely contain one or more of some 10,000 chemicals allowed [by the US Food and Drug Administration] to be added to foods."

Even fruits and vegetables, foods considered to be "healthy," may contain dangerous pesticide residues. The Center for Ecogenetics and Environmental Health writes,6 "Pesticides are used on fruits, vegetables, wheat, rice, olives and canola pressed into oil" and "pesticide residues can also be found in fruit and vegetable juices." A Healthline article notes that exposure to pesticides through food has been linked to a higher risk of developing Parkinson's disease and Alzheimer's disease,7 "hormone-related cancers, such as breast, thyroid, and ovarian cancer," as well as "prostate, lung and liver cancer." Studies have also linked pesticides to negative neurological and behavioral impacts on children.7

Processed foods also fill our bodies with dangerous levels of excess calories, carbohydrates, sodium, and sugar, reports Healthline.8 Consuming these foods can lead to water retention, elevated blood pressure, weight gain and obesity-related health complications, acne and skin issues, cavities, bone loss; and can increase the risk of developing depression, asthma, diabetes, heart disease, eczema, and more.8

Because of the world we live in today, everyone is exposed to these harmful

toxins to varying degrees on a daily basis, and once an individual's body becomes overburdened by these toxins, it becomes almost impossible to maintain a healthy body, lose weight or keep weight off, or just simply get rid of those nasty symptoms of an unhealthy gut! So if our gut is already overburdened with toxins, and therefore the makeup of your gut bacteria is out of balance, what can you do to get back to being healthy?

As doctors of chiropractic with our own practice, Southside Chiropractic (in Oneonta, NY,) and as nutritional coaches with over 20 years of experience, we have assisted hundreds of individuals in purifying their body and transforming their health through our full body reset and purification program, Transform In 21™. In 21 days, participants flush out the toxins that have built up in their bodies, break themselves from their addictions to harmful foods and dangerous habits, and jumpstart their weight loss (if desired) and long-term health.

We have been awed over and over again by the profound transformations that can come from getting out the bad stuff, resetting the body's gut, and getting its bacteria back in balance.

So, if you're concerned about your gut health, and if you're interested in learning more about toxicity and how our program can help you feel better, go to our website: transformin2

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The Microbiome of Soil Health

"Dirt" and "soil" have the same nutrient content, so why is it that plants thrive in soil and not dirt? The answer is found in the microbiome of the dirt and soil. The microbiome of soil is made up of a combination of bacteria, fungi, protozoa, and nematodes, while the microbiome of dirt is lacking in all of these microorganisms.

Plants, on their own, have very little capacity to absorb nutrients directly from the soil in which they are planted. Soil nutrients need to be pre-digested by the bacteria, fungi, protozoa and nematodes; the byproducts excreted from these microorganisms are the food source for plant life.

Plants know what nutrients they need to thrive, so to communicate their dietary needs, they emit exosomes or messages into the soil telling the bacteria, fungi, protozoa, and nematodes what it needs (magnesium, phosphorus, calcium, silica, etc) and where to find it (rocks, silt, clay, sand, etc). The microorganisms will digest those elements in the soil and excrete the mineral that the plant needs to thrive.

When there is good balance in the microorganisms of the soil, the plant and the microorganisms maintain the health of the garden by creating a line of defense against pests and harmful insects. There is no need for additional insecticides or fungicides when the microbiome of soil is balanced. In fact, the quickest way to turn viable soil into useless dirt is to spray with insecticides that kill not only pesky bugs, but all the microorganisms in the soil that were doing the work to feed your plants. With no microorganisms in the soil to do the pre-digesting of nutrients, the plants do not thrive. Insecticides to soil are very similar to antibiotics to the gut microbiome.

To maintain a healthy viable garden you must maintain a healthy microbiome of the soil. To do that, you would want to get your soil tested by a soil health consultant. The consultant will help you build the right balance of microorganisms in your soil for what you are trying to grow. Vegetables and flowers require a higher proportion of bacteria to fungi ratio in soil than deciduous trees or scrubs, which are more fungi and protozoa dominant. The consultant will teach you how to create your own composting recipe to enrich your specific soil needs. Balancing the microbiome of your soil can be done through tilling in compost to the soil, tincturing compost or creating a concentrated compost tea and applying it as a spray.

Learn more about how to balance the microbiome of your soil or find a soil health consultant at https://www.soilfoodweb.com.

Compiled by: Dr. Jennifer Stanley, I-ACT Board Member

WHAT EXACTLY IS A MICROBIOME?

The word microbiome is defined as the collection of microbes or microorganisms that inhabit an environment, creating a sort of "mini-ecosystem". Our human microbiome is made up of communities of symbiotic, commensal and pathogenic bacteria (along with fungi and viruses), all of which call our bodies' home.

These communities exist in unique, complementary blends, and inhabit everything from our skin and genitals, to our mouths and eyes, and of course our intestines. The clusters of bacteria from different regions of the body are variously known as microbiota, including, for example, your skin microbiota, oral microbiota, vaginal mirobiota and gut microbiota, also known as "gut flora".

Some of these bacteria – the commensal – are simply along for a free ride, while others – the symbiotic bacteria – offer a mutually beneficial relationship. Always lurking, although in much smaller numbers, are pathogens - disease-causing opportunistic microbes. Pathogens, however, do not always cause disease, and some in fact have beneficial effects.

What scientists have recently come to understand is that the makeup and overall health of your microbiome as a whole determines whether pathogens in the gut coexist peacefully, or cause disease.

Together, these bacteria make up an essential piece of our biological puzzle – one meticulously constructed through millions of years of natural selection and one that, until recently, remained largely misunderstood.

It is only now, through the groundbreaking works of those such as David A. Relman and The Human Microbiome Project, that we are finally aware of just how expansive our microbiota really is, and that we have still only barely scratched the surface. Less than ten years ago, the species of bacteria that scientists had discovered as indigenous cohabitants of the human body numbered only 200. Now researchers estimate that more than 10,000 different microbial species occupy our microbiome.

HOW DOES IT BENEFIT US?

The communities in our microbiome carry out a variety of functions which are vital to not only our health and well-being but our very survival.

Starting with our immune system, our microbiome establishes the parameters in which our bodies judge whether or not something is friend or foe. It maintains harmony, balance, and order amongst its own communities, ensuring that opportunistic pathogens are kept to a minimum, while also keeping the host system from attacking itself.

It is our first, second and third line of defense – starting with our skin, then our mucus membranes, and finally our gut, providing a living barrier that is able to be modified and transformed to suit individual needs and unique environments.

Our gut microbiota is fundamental to the breakdown and absorption of nutrients. Without it, the majority of our food intake would not only be indigestible, but we would not be capable of extracting the critical nutritional compounds needed to function.

> Research has determined that we share our life with around 100 trillion organisms which comprise something called our microbiome. For every one of our cells, there are 10 microbial cells living on or inside our body, helping us to perform life-sustaining functions that we couldn't perform without their help.

Our symbiotic cohorts not only provide this service, but also secrete beneficial chemicals as a natural part of their metabolic cycle.

WHERE DOES OUR MICROBIOME COME FROM?

We are a product of our environment.

As infants we (and our guts) come into this world with a blank slate of sorts, awaiting our first contact with the microscopic organisms which surround us. Our first exposure via the birth canal, followed by a gut-nurturing concoction of mother's milk, is nature's way of establishing the foundation on which we will build our microbiome. Familial, dietary, and environmental exposure throughout our developing years cultivates an ecosystem which will play a starring role in the determination of our health for a lifetime.

In fact, every time you kiss someone, every time you pet an animal, each time you eat a meal or apply a cosmetic, you are affecting the composition of your microbiome.

WHY IS THE MICROBIOME IMPORTANT?

Antibiotics and an obsession to sterilize our environments have resulted in a significant rise in gut-related illnesses and pressure on the medical community to finally explore this long-ignored aspect of human biology.

Research has uncovered an intricate web connecting our gut flora to virtually every process in our body. As such, imbalances in our microbial communities have been implicated in countless health issues, including immune health, psychological well-being, and some of the deepest chronic health issues of our times.

In fact, research surrounding one such connection, coined the gut-brain axis, has the potential to revolutionize the way psychologists worldwide support mental and emotional well-being.

Techniques and methods on how to manipulate one's microbiome have begun to flood medical literature. Trading gut bacteria has become the latest focus for therapeutic treatments, being successfully utilized as a means to treat antibiotic resistant infections such as C. difficile, and going so far as to be considered as a potential means of treating obesity.

Studies on the human microbiome have been hailed as the new frontier of medicine as researchers such as Martin Blaser, professor of microbiology at the New York University School of Medicine and founder of the Foundation for Bacteriology, advocate good bacteria as "the new antibiotics".

As our understanding of our microbiome's impact on our health as both individuals and as a species grows, so does the realization that current bacteria-phobic trends must come to an end.

It's time we cultivated a friendship with our microbiome.

Our gut microbiota is fundamental to the breakdown and absorption of nutrients. Without it, the majority of our food intake would not only be indigestible, but we would not be capable of extracting the critical nutritional compounds needed to function.

Source: https://www.enviromedica.com/learn/microbiome-101-understanding-gut-microbiota/

Understanding 5 Herbs to Support the Microbiome

By Gail Marie Palms, I-ACT Vice President

Consider our bodies are our temple; our microbiome is its loyal attendants. We need to understand that the microbiome is a delicate ecosystem in the same way that the earth, its Amazon rainforest, and Great Barrier Reef are each an ecosystem.

We have learned that microflora in our gut, has a special relationship, directly influencing, either positive or negative, in every aspect of our health and wellbeing, including our digestion, immune functions, neurological and emotional health, hormonal balance, cardiovascular strength, and more. Attracting beneficial microflorae (the ones that flip the genetic switches toward health and balance) is a matter of making healthy food and lifestyle choices. What we eat tips the scales towards wellbeing or disease.

For many centuries and in every culture, Herbs have been widely used, to support the Microbiome. Here is a list of 5 herbs that are believed to support a healthy gut.

Slippery Elm. This is the inner bark of Ulmus rubra, and is so named because of the rich, slimy mucilage it produces when mixed with water. This mucilage is slippery to the touch, soothing, and loaded with prebiotic starch. We can't break down these chains of rhamnopyranose and galacturonic acid, but they support a healthy mucous layer in the GI tract and serve as food for beneficial bacteria, too. You can mix the powder into tea, brewed at a relatively low temperature (180F), or to cooked grains like oatmeal after they're off the heat. Its mild flavor makes it a favorite way to get your prebiotic fiber. Use between two teaspoons and two tablespoons a day.

> Your body is your temple; your microbiome its loyal attendants.

Codonopsis. The root of this beautiful vine is often steam-treated and tastes a little smoky as a result. Its rich complement of starches and prebiotic fiber has made it famous in Traditional Chinese Medicine, where the herb is considered a "spleen qi tonic", able to support good digestion and assimilation. Its starch includes insulin-like fructans that seem able to support healthy microbial populations in the GI tract. One to three teaspoons a day of the powder approximates the doses used in Traditional Chinese Medicine, and in liquid tincture form, suggest 60-90 drops two or three times a day.

Dandelion. The classic digestive tonic also includes a good amount of inulin and other prebiotic starches, especially if harvested in the fall. This clues us to one of the reasons plants make these molecules to begin with: they are long-term energy storage, often concentrated in the roots so that in spring the plant has reserves it can use for new green growth. But for us, fall-harvested dandelion roots can be coarsely chopped and roasted over low heat for 5-10 minutes, or until a nutty aroma develops. These roasted roots make a valuable tea, brewed with one tablespoon per cup, or added to French press or drip coffee-makers. Dandelion root is an especially good companion to your probiotic supplement or fermented foods.

Burdock. You can eat these big roots just as you would a carrot: stir-fried, grated into salad, or simmered into soup, burdock brings a delicious, mildly bitter, and earthy flavor to your dishes. It's also great pickled or brined. But for the microbiome, you'd be hard-pressed to find a richer source of inulin and prebiotic starch. Traditionally, herbalists relied on burdock to support healthy skin, and part of the reason lies in this herb's ability to build a healthy microbiome and provide gentle, bitters-based detoxification, too. While a tincture, taken in doses of 1/2 teaspoon two or three times a day, has good bitter tonic qualities, you'll want the whole root in food doses to maximize the benefit to gut flora. One large root (eight inches long or so) is a good daily amount. The equivalent dose of powder is high: three or four tablespoons per day is not unreasonable. But even in smaller quantities (one or two teaspoons), burdock root can be mixed with grains or infused into tea and helps give flora the food needs.

The Eclectic physicians of the 19th century held up herbs like goldenseal or barberry as restorative tonics, often used as "alternatives" for healthy skin and good liver function as well as gut health. These herbs are quite bitter, too, due in large part to the same alkaloid that brings the yellow color: berberine (and some derivative molecules).

Oregon Grape Root. The west-coast plant from the forest understory is often touted as an alternative to the at-risk goldenseal. But it's an excellent herb in its own right, bringing good balance to the microbiome and also supporting great liver function and bile production. It is

quite bitter, like all its berberine-rich cousins, making a tincture the easiest way to experience its benefits. Try 60-90 drops, in a little water, twice daily before meals. As a bitter tonic, you'll see relief from the common, mild symptoms of digestive upset. Oregon grape root is hard at work for a great microbiome, too.

When we have the foundational knowledge of herbal actions, we can understand how and when to use herbs. We know that much of our wellness is linked to balanced gut flora, so taking care of it is one of the best ways we can support our overall health.
I hope you understand why the microbiome is so important and some herbs to best support its function.

SIMPLE GUT-LOVING DRINK FOR THE MORNING

Enough for one drink.

Ingredients:

- 1 Tbsp. organic marshmallow root powder or slippery elm bark powder
- 4 oz. pure, filtered water
- 1 Tbsp. freshly ground organic flax seed

Directions:

1. Soak marshmallow root or slippery elm bark powder in water overnight.
2. The next morning, add freshly ground flax seeds.

Add mixture to a smoothie, or add another 4 ounces of water and drink as is.

What: I-ACT Friday Connect Call

When: First Friday of each month

Topics: listed on the I-ACT web site members only section

Where: virtually via zoom | login information at i-act.org/members-only

Time: 10-11 am est

Join the conversation | Connect with colon hydrotherapists around the world | Learn something new for yourself & your business

How to Exit the Fear Cycle

by Dr. Jen Stanley | I-ACT Board Member

WE ARE TWO YEARS INTO THIS PANDEMIC, AND YET THE COLLECTIVE FEAR AND CONFUSION IS JUST AS STRONG AS WHEN WE STARTED IN 2020. WHY IS THAT?

As children, most of us were never taught how to process through emotions. We were simply told to "stop crying" or dismissed as being "overly sensitive". So in the absence of any real training on how to process through emotions, we created habits to "manage" emotions. Growing up I managed my emotions by holding them in until I reached a boiling point, and then I would explode on whoever was the unfortunate person to set me off. Many people blame their children, significant other, coworkers, the vaccinated, and the unvaccinated for the way they feel. Many more turn to drinking, the various edibles of marijuana, porn, and binge watching Netflix as a way to escape their emotions rather than process through them.

The reason is, we need to blame someone for the way we feel because we were never taught how to process through emotions on our own. Fear persists because few realize they are responsible for processing through what they feel. Personal fear feeds societal fear which feeds personal fear and around and around we go reinforcing the fear cycle. The longer we stay in this fear cycle the more emotional trauma we experience, and the harder it is to get out. So how do you exit this fear cycle?

Exiting the Fear Cycle

Emotions are not solid things; they are energy waves that pass fluidly through space. As humans, we are energetic beings affected by these energy waves of emotions. The secret to experiencing the energy wave of an emotion is to remember to stay relaxed and allow the emotion to pass through. All emotions are temporary states of being if you allow them to be.

However, for many of us, when we experience an emotion, we have a habit of tensing our body which traps the emotion inside of our vibrational

field. We then overanalyze the emotion, give it meaning that we can identify with, and then slap on a label like "sadness", "grief", "loneliness", "despair", "fear". It is when we cling, identify, and label with an emotion that it then begins to alter our own vibrational frequency. We blend our own energetic field with that emotion by saying "I am sad", "I am grieving", "I am lonely", "I am afraid". We identify with the emotion and our vibrational state shifts out of health into a less healthy frequency like worry, fear, sadness.

The more we grab on to negative emotions, the lower and lower our vibrational frequency becomes. You experience this when you come down with a cold or flu after a prolonged stressful time. Or if you grind your teeth at night or have chronic muscle tightness in your neck and shoulders. The more emotional tension you hold in your body, the more body aches and pains you feel.

These are just two ways of identifying if you are holding on to too many emotions. So if you are holding too many emotions, what can you do about it?

Getting Back to You

Remember that emotions are not solid things, but simply energy waves that you have trapped inside your body through tension. Therefore you must release the tension to free the trapped emotion.

Grounding with nature is a great way to release trapped emotions. Whether you realize it or not, you are grounding every time you go barefoot outside, lay in the grass, garden, or walk on the beach. Remember that Earth is the great energy recycler. The more you can connect your body directly with the earth, the easier it is for your body to drain out trapped emotions.

Intentional Grounding

You can do grounding sitting outside with your feet in direct connection to the earth. Close your eyes, and take a few deep breaths to relax your body to bring your awareness into the present moment. Now focus on your feet, and with each exhale visualize your energy extending out of your feet connecting with the earth below you. Spend several seconds breathing in and out and feel your energy meld with that of the earth. Now scan through your body, noticing any areas where you are holding tension. With each inhale, breathe into that tense area, and with each exhale, visualize the tension draining down your body and out through your feet into the earth. Spend several minutes doing this grounding exercise until you feel your whole body is relaxed. Thank the earth for cleansing and recycling that energy for a higher purpose.

Should We Eat Bugs?

What's tasty, abundant and high in protein and vitamins? Bugs!

Bugs feed about 2 billion people each day. They also hold promise for food security & sustainability.

How about you?

Would you ever snack on an insect?

The roasted crickets were tasty. But the feeling of tiny legs on my tongue was a bit weird. The roasted mealworms much more palatable. That's probably because they didn't have legs.

This was my brief foray into entomophagy, otherwise known as eating insects. It happened several years ago at Science North in Sudbury, Ontario. There, staff were offering samples of seasoned crispy bugs to curious visitors.

In many parts of the world, your answer might be, "Ick!" For most North Americans, insects are something to eat on a dare. Or they might be a novelty food to try when you're traveling. But in even more parts of the world, your answer might be, "Of course!" Two billion people around the world include insects in their regular diet.

People have been eating insects for centuries. But in some parts of the world, opinions about insects as food have changed over time. That's because, around 10 000 BCE, people began farming crops and livestock. Around that time, people probably started to think of insects as pests that could destroy their food, rather than as food itself.

Scientists and sustainable food advocates are hoping to change this. Insects are an environmentally responsible and nutritious food... tiny legs and all.

Who eats insects?

Around 1900 different insect species are eaten. In many places, people don't eat these insects out of necessity. Instead, they eat them because they taste good! The most popular edible insects are:

- Beetles
- Caterpillars
- Bees
- Ants
- Grasshoppers
- Crickets

Entomophagy is most common in tropical climates. That is probably because the insects there are larger and tend to swarm. This makes them easier to gather.

Did you know?

"Bug" is not a scientific term. When people use the word "bugs" they may be talking about insects, arachnids or other invertebrates.

Also, warmer regions normally have a wider variety of insect species that are available year-round. In colder countries like Canada, many insect species hibernate, so they are not as readily available.

Common insect food stall in Bangkok, Thailand (Source: Takoradee [CC BY-SA 3.0] via Wikimedia Commons).

Why farm insects?

Most edible insects are harvested from the wild rather than farmed. But there are compelling reasons to turn our six-legged friends (or their larvae!) into livestock.

The world's population is expected to reach 9 billion by 2050. The Food and Agriculture Organization (FAO) of the United Nations predicts that the current level of global food production will need to double to feed the mid-twenty-first century world. A big challenge will be providing enough protein for all of those people.

Demand for animal protein is growing worldwide. But raising enough cattle, pigs and chickens to meet this demand is not environmentally sustainable. Raising these livestock requires a lot of land and water, both for the animals themselves and to grow the crops they eat. Clearing land for livestock often requires deforestation, which destroys native plant and animal habitats.

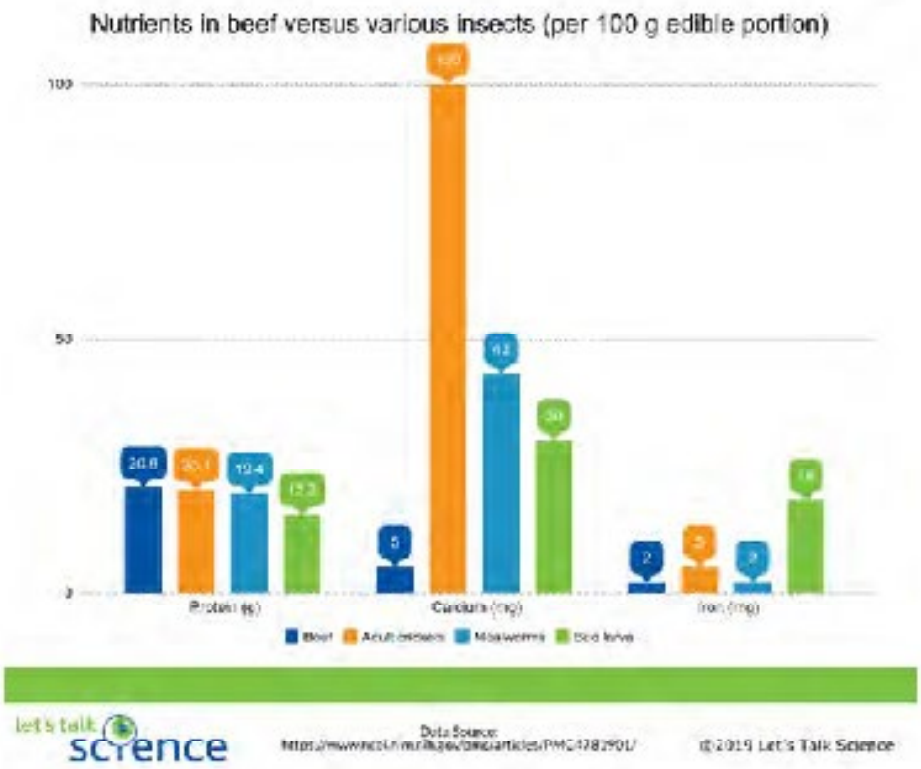
Even if you don't practice entomophagy (eating insects), you unintentionally eat insect parts every day. For example, the Canadian Food Inspection Agency allows up to 25 insect fragments per 100 grams of rice.

Insects are much more environmentally friendly than traditional livestock. Let's compare crickets to cows. Crickets use much less land. It takes 400 square metres of land to get one kilogram of beef, but only 30 square metres of land to get one kilogram of crickets. Crickets also use much less water. It takes 2 200 litres of water to get 100 g of beef, and about 2000 times less to get 100 g of crickets.

Methane also comes from the manure (waste) that cattle produce. But according to the FAO, insects might be able to help here, too! Some types of insects will feed off the manure. These insects could, in turn, be used to feed chickens, fish, and other animals farmed for food. Insects could also feed on organic waste products such as vegetable peels.

Are insects nutritious?

Eating insects may be good for the environment, but are they good for you? The nutritional profile of insects depends on the species and the stage of life. But in general, insects are high in good quality protein. They are also loaded with many vitamins and minerals such as calcium, zinc, and iron. Most insects are nutritionally similar to beef, pork, or chicken. In fact, many insects pack a better protein punch and deliver more iron.



Graph showing protein, calcium and iron levels in beef, adult crickets, mealworms and bee larva (© 2019 Let's Talk Science).

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Amy Rawls

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Dried, ground cochineal insects are the source of a natural red food coloring called carmine, cochineal extract, or natural red 4.

What is the future of entomophagy?

Policy makers around the world are investigating insects as a solution to food security. Many people in the world are food insecure. The United Nations estimates that 1 in 9 people suffer from chronic (constant) hunger. And as you have learned, insects could provide a way to feed more people in a sustainable way.

So now that you've learned all of this, would you eat bugs as a snack? If you are ready to dive into entomophagy and are looking for some homegrown bugs, Entomo Farms in Campbellford, Ontario can hook you up with seasoned roasted crickets and mealworms (darkling beetle larvae). If whole bugs aren't whetting your appetite, you can start with adding cricket or mealworm flour to your next batch of cookies -- without the legs!

Source & related videos:Krysta Levac & Let's Talk Science, July 23, 2019; https://letstalkscience.ca/educational-resources/stem-in-context/should-we-eat-bugs

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Edible Insects

12 Reasons to Consider Eating Bugs

The consumption of insects (entomophagy) might be new to you, however it is a big part of the diet in Asia, Africa and South and Central America.

Edible insects are an alternative source of protein for humans that have plenty of other amazing benefits. Here are a few reasons to help you decide to start considering adding some tasty bugs to your meals!

1. **They are delicious!** Yes, believe it or not, bugs taste good. If prepared nicely, you won't even know you are eating insects because they provide different textures and flavors. For example, crickets or cricket flour have a nutty flavor; red ants are creamy and have a lemony sourness; beetles are an alternative to popcorn; wasps have a pine-nutty flavor; and giant water bugs have a salted-banana or melony flavor.
2. **You're already doing it.** Sorry to break it to you, but the truth is that you already eat bugs – unconsciously, of course. One research study estimated that we eat more than a pound of insects every year. Wonder how? Insect fragments are hidden in your favorite foods, like chocolate, cinnamon, dates, coffee beans, potato chips, peanut butter, broccoli, canned tomatoes, fig paste, and canned fruit juices, to name a few. They are also hidden in fresh plant-based veggies and fruits, so if you are on the vegetarian/vegan side, you are probably eating plenty of bugs.
3. **Bugs are packed with protein.** Proteins are organic compounds consisting of amino acids, an important element of food nutrition and overall health. Did you know crickets have up to 69% protein? A single portion (3.5 oz) of grasshopper has 14-28 grams of protein. This one small serving offers 25-60% of your suggested daily allowance! Moreover, it is also a complete source of protein containing all the essential amino acids your body needs, and it's high in essential vitamins and minerals, like potassium, iron, and vitamin B12.
4. **Bugs are sustainable.** Livestock farming is unsustainable as they require a lot of energy, land, food, water, etc. Farming insects offers many benefits to the environment, including sustainable forest management.
5. **They're healthy.** Bugs are not only protein rich, many offer satisfactory amounts of energy, protein and amino acid requirements for humans. It's also a perfect way to get essential vitamin B12 as a single spoon of cricket flour will provide enough B12 for an entire day!

6. **A great, healthy alternative to chips!** Roasted mealworms are the perfect snack to satisfy your not so healthy cravings. They are crunchy, filled with flavor and spices, packed with protein and vitamins, and guilt-free for anytime snacking.
7. **It's foolish to judge food by its looks.** Honestly, there are foods that look and smell weird, but you still eat them. Before passing on the insects, give them a try. You might discover they are your thing!
8. **Insects could be the solution to world hunger.** The population is growing exponentially, and the worst part is somewhere around 1 billion people are starving. By 2050, the demand for livestock products is expected to double from 229 million tons to more than 465 million tons. If we truly want to fight world hunger, we need to rethink what we eat and how we produce food, rather than simply making more processed foods with preservatives in them. That's why taking another look at insects as an inexpensive, green source of nutrition is worth it. Generally speaking, there are approximately 40 tons of insects for every human, and that's more than enough to end world hunger!
9. **Prebiotic.** Insect chitin is a very beneficial prebiotic, which is good for gut health. Chitin is found in many insects, snails, shrimps, and even the cell walls of mushrooms and other fungi. It is a naturally occurring fiber similar to cellulose, and has many powerful heath benefits, including: boosting your healthy gut bacteria; reducing inflammation; moisturizing and protecting skin from drying; could be good for weight loss; and preventing constipation.
10. **You don't have to eat them whole.** If eating an insect whole is just not on your top 10 list of things to do, then start small with a cricket or buffalo worm flour; it look just like the flour you are used to using. Try making a pizza or homemade cake with the flour.
11. **Insects require less land and water.** Agriculture in general consumes about 70% of the freshwater worldwide. A cricket requires only one liter of water per 1 kg, which livestock requires anywhere from 2300 to 22000 liters per 1 kg. Just imagine how much water we can save if we simply start eating less livestock and more insects!
12. **Insects can fight climate change.** Did you know that livestock farming (meat and dairy corporations) are responsible for 14.5% of all greenhouse gas emissions? That's the second largest contributor, even more than all transportation! Mealworms, however, are a more environmentally-friendly source of animal protein than milk, chicken, pork, and beef.

Bottom Line

Insect farming is a far more efficient and sustainable way to get the protein and vitamin needed for the human body. Edible insects are a growing niche market that you will begin to see more and more in the years to come.

source: https://www.eatcrickster.com/blog/reasons-to-eat-bugs

Spring Cleaning

HOW MOLD AFFECTS YOUR IMMUNE SYSTEM

The Quarterly Editorial Team

According to wikipedia, "spring cleaning is the practice of thoroughly cleaning a house [or space] in the springtime." It is especially prevalent in cold-weather climates; many do it annually as a way to reset and bring in positive energy.

Keeping a clean house or space is a way of life. I remember my grandmother dusting and vacuuming every week; when the weather was nice, she would open the windows and let the fresh air in. I always loved going to grandma's house because everything was in its place, always looking clean.

There's something to be said for keeping a house clean and fresh that's tangible; you can see the transformation. But what about the things you cannot see, the things that 'grow' without your knowledge, the unseen things that over time affect your health.

I'm talking about bad bugs that come from mold in a house or space. Exposure to household mold can affect the immune system in detrimental ways. As a colon hydrotherapist specializing in gut health, you know that 80% of the immune system is housed in the gut. That means there is a direct correlation between gut health and immune function, so understanding immunity and how bad bugs from mold, mold spores and mycotoxins can affect it is important.

What is the immune system?
We know the immune system is designed to protect the body against harmful microorganisms, like bacteria, viruses, fungi (including mold), and other potentially harmful substances. It is made up of cells, tissues and organs working together to keep harmful microorganisms and pathogens out of the body. When it detects these, it attempts to destroy them before they manage to enter the body.

Your immune system is designed to defend your body from pathogens, infection and illness. Within the immune system, there are four components that are important to the immune response: leukocytes, commonly known as white blood cells, to help fight infection and heal; lymph nodes to break down pathogens and filter toxins for removal from the body; bone marrow to produce blood cells; and the spleen to filter waste from the blood. Every time a harmful microorganism enters the body, these four components respond to fight and heal, and in doing so, build immunity to the pathogen for stronger defenses in the future.

Mold exposure and your health
Molds naturally exist outdoors and indoors, so living in a totally mold-free environment is practically impossible. As mold grows, spores can be released into the air which makes them easily inhaled when you breathe. If you inhale a large number of these spores, you may get sick. Such health concerns are an important reason to prevent mold growth and to clean and/or remediate molds in indoor settings.

We understand the need to share information about healthy bugs to support gut health; not to diagnose, but to share information. Understanding the unhealthy bugs in our environments is also important. Mold illness (aka Chronic Inflammatory Response Syndrome (CIRS) has become more prevalent in recent years as being exposed to mold can damage the body and impair the immune system, which can cause some people to have heightened response.

What are molds?
Molds are fungi that are present in and out of doors. It is estimated there are upwards of three hundred thousand different mold species that exist. Molds survive in moisture, and produce allergens, irritants and toxins that may cause adverse reactions in humans, usually depending on the person's amount of exposure, age and sensitivities or allergies. Molds reproduce by making mold spores.

What are mold spores?
Mold spores are microscopic cells that allow mold to reproduce. They are constantly floating through the air and very hardy to survive environmental conditions in which mold might otherwise not grow. When mold spores encounter moisture, mold can grow and begin to digest the surface. When conditions are right with both moisture and oxygen, mold can survive on most any surface, which is what makes it so hard to get rid of once it is detected.

What are mycotoxins?
Mycotoxins are potent, toxic chemicals produced by certain types of fungi, including molds; these can be found in both foods and indoor environments.

> Being exposed to germs and bad bugs is actually a good thing; it's how the immune system learns to defend against disease and illness. You should play in the dirt. You should be in nature and be exposed to bugs. The more you expose your body to life, the more your immune system will respond and build immunity.

Mycotoxins are released into the air and easily travel into the body through inhalation, ingestion and contact with the skin. Once inside, they suppress the immune system, negatively affect the nervous system, create DNA damage, and may lead to a long list of symptoms. Because mycotoxins are toxic, they work against the natural order of things in the body, prompting the production of pro-inflammatory cytokines creating a cyclical inflammatory response.

What is mold illness?

Mold can grow in any structure or space that becomes water damaged; this could be from a defect in construction, a water leak that goes unchecked, caulking that is not done properly. When such damage is not mediated and corrected properly, fungi, bacteria, mycobacteria, and actinomycetes grow, and exposure – through breathing the air or touching the surface where the mold is growing – can cause significant issues in the human body. The Occupational Safety and Health Administration (OSHA) estimates that more than 25% of the buildings in the US are water damaged.

> Mold exposure can trigger a variety of symptoms from a runny nose, sneezing, nasal congestion, watery eyes, skin rash and itching on the mild side to asthma attacks, wheezing, chest tightness and shortness of breath on the sever side. In extreme cases, pneumonia may also develop after mold exposure.

Some people's bodies are simply more able to clear toxins than others.We know the immune system is designed to identify unfriendly antigens (in this case mold) and create antibodies to defend the body against future exposure. Unfortunately, approximately 25% of the population has the HLA-DR gene that makes them genetically susceptible to mold. In these individuals, the antigen defenses are ineffective at clearing mold, and widespread inflammation through the body occurs.

For most individuals, the symptoms that arise because of mold exposure cease once they are removed from the exposure. However, those with the HLA-DR gene experience a systemic inflammatory response because the toxins remain in the body. These individuals have unexplained symptoms that affect their quality of life, and many times are misdiagnosed with fibromyalgia, chronic fatigue syndrome, multiple sclerosis, depression, stress, allergies, irritable bowel syndrome, and more.

What to do

Although more study is being done, it is clear that keeping your space clean and free from water damage is important. Spring cleaning anyone? When mold is

detected in your space, always use a reputable company for clean up and remediation; it is not something you can do on your own, so seek a professional. If you suspect mold exposure, it is always best to consult your healthcare practitioner and ask to specifically test for mold.

Support your immune system in every way possible. Exercise, sleep, nutrition and supplements are important. A good, daily probiotic with healthy bugs can be a beneficial addition to your lifestyle.*

The foods most commonly known to be high in mycotoxins include grains (including corn, wheat, barley and rye); alcoholic beverages; nuts (including peanuts, pistachios and Brazil nuts); sugar (sugar cane and sugar beets); hard cheeses; coffee beans; chocolate; and dried fruit. Choose foods from companies that value and prioritize quality, and eat a diverse diet. Buy fresh, local, organic foods; store them properly, and avoid keeping foods beyond the expiration date.

Most importantly, pay attention to how your body feels when you are in certain spaces and eating certain foods. When you learn to listen to your body and figure out what it is saying, you will be your own best doctor.

This article was compiled using information found on various web sites, including: idph.state.il.us; osha.gov; survivingmold.com; ncbi.nlm.nih.gov; genesisperformancechiro.com; immanencehealth.com

*These statements have not been evaluated by the Food and Drug Administration. They are for informational purposes only, and not meant to treat, cure, prevent or diagnose any condition. Always consult your healthcare provider.

Be a Content Provider

Now is your opportunity! The Marketing Committee is working to enhance the I-ACT (hopefully to be a resource full of great information our members will want to read). It's easy to be a contributor; here's what we need:

1. *to submit an article you read*, simply send the article along with mention of its original source (where you found it) and a brief statement why you thought this article is relevant.
2. *to submit a book you read*, simply send the book title and author and a brief statement why you think others would find this book relevant.
3. *to submit an original article*, simply send your article.

All submissions will be reviewed for compliancy before being included in any issue of the *I-ACT Quarterly*.

Submission deadlines: 1st of Mar/Jun/Sept/Dec
Next issue theme: Healthy bugs & your own microbiome

Articles about colon hydrotherapy, personal & professional development of the therapist, and the business of colon hydrotherapy are always welcome!

Job Opportunities

Be sure to visit i-act.org/members-only for job opportunities and employment situations.

Looking to work for someone? Send us an email so we can list your name as someone seeking employment.

Looking to hire someone? Send us an email with your information so we can post it on the jobs board and include it in an e-blast.

Proud to be GREEN!

As of the Winter 2013 *Quarterly*, I-ACT has gone "green", which means each issue of the *I-ACT Quarterly* is emailed to you.

If you would prefer to have the *I-ACT Quarterly* sent to you via regular mail, you MUST let us know so we can put you on a mailing list. Simply email homeoffice@i-act.org and let us know you want future issues via mail. By receiving an email version of the *Quarterly*, you help the Association be cost effective and good stewards of the budget. Thanks for your support!

LET'S STAY CONNECTED!

Communication is key to staying connected with the membership. That's why the I-ACT Office sends out e-blasts at least twice a month. We do our best to streamline the sharing of information, events, education, and other important issues concerning the profession of colon hydrotherapy.

If you are not receiving I-ACT e-blasts:

- Please check your spam, junk or bulk mail folder as different platforms handle incoming email in different ways. If I-ACT emails are automatically being delivered to this folder, please move it to your inbox and/or add the I-ACT email address to your contacts.
- Call the I-ACT office and request to be added to the email list.

Be sure to visit the members only section of the I-ACT web site; the password is available from the I-ACT office. This is where you will find valuable information and resources, including the I-ACT Member logo and marketing compliance information.

gardening in small spaces

There are plenty of ways to garden in small spaces. It gives you a chance to be creative without breaking the bank. Here are some tips to help you get started.

CREATE YOUR PLAN

Think about the space you have to plan, and then plan what you will plant where and what you will need to create the desired look. It's best to do a combination of flowers and vegetables. Pinterest has a lot of great ideas and can provide inspiration for your plan.

GATHER YOUR SUPPLIES

A trowel and a small rake. Soil, seeds and plants. Containers, string, old shoes, watering cans, whatever you want. With a little imagination, you can recycle almost anything and turn it into a garden container. Be sure each container you select can hold enough soil for the plant and have adequate drainage.

GET TO IT!

Once you have all your materials assembled, it's time to get started. It's best to plant flowers, fruits, veggies and herbs from seeds rather than transplanting plants that are already half grown and sold at the stores. Seeds are fairly inexpensive and available in a variety of places.

WHY I-ACT?

I-ACT is the premier professional association for colon hydrotherapists worldwide. It is the organization that sets education, training and professional ethics. Being part of a professional organization means you are never alone, always together!

IS IT WORTH THE COST?

Absolutely! For just $0.41 per day, you are part of a growing, thriving community, and a professional certification that gives you clout. For nearly 35 years, I-ACT has supported member therapists in making connections, legislative support, mentorship, marketing and compliance, and more.

WHAT IS MY ROI?

We like to call it "return on involvement" because that's where the real benefit kicks in. When you get involved in your profession, you gain so much more than you can possibly imagine. Are you ready to take your business to the next level? Are you ready to learn and grow as a practitioner? Are you ready to connect with like-minded practitioners and expand your opportunities? That's where the ROI begins and continues to grow. It's really not about the money, it's about the value of your involvement.

HOUSEHOLD ITEMS THAT MAKE GREAT PLANTERS

- Cans
- Milk Crate
- Bottles
- Jars
- Toilet Paper Rolls
- Lanterns
- Fish Tanks
- Fish Bowls
- Tires
- Old Toolboxes, Mailboxes, or Baskets
- Glassware
- Gutters
- Pipes
- Cinder Blocks
- Concrete
- Wagons, Wheelbarrows, Wagon Wheels
- Coffee Mugs
- Pallets
- Old Bird Baths
- Laundry Baskets
- Broken Terra Cotta Pots
- Metal Tea Canisters
- Watering Cans

Fennel Apple Soup

SIMPLE RECIPE

Ingredients

- 1 large fennel bulb, cored & chopped
- 2 tablespoons coconut oil
- ¼ cup chopped shallot
- 3 cups unsalted chicken stock
- ½ cup apple juice
- ½ cup dry white wine
- 2 large tart apples (such as Granny Smith), peeled, cored, & chopped
- 2 sprigs fresh thyme
- 1 large bay leaf
- ½ teaspoon salt, or to taste
- ½ teaspoon freshly ground black pepper, or to taste
- ½ cup crumbled Greek feta cheese

Directions

1. Heat coconut oil in a large pot over medium heat. Add fennel and shallot; cook for about 5 minutes.
2. Stir in chicken stock, apple juice, white wine, apples, thyme, and bay leaf. Increase heat to medium-high and bring to a boil. Reduce heat to low, cover, and simmer until everything is cooked through, about 20 minutes.
3. Remove the pot from heat. Remove and discard bay leaf and thyme sprigs. Puree soup with an immersion blender or in a food processor until smooth. Work in batches, if necessary, return soup to the pot. Season with salt and pepper and taste. Adjust seasoning if necessary.
4. Serve hot sprinkled with feta cheese.

source: allrecipes.com

INGREDIENTS

2 large onions, skin on, quartered or thickly sliced
2 parsnips, roughly chopped
2 celery sticks, roughly chopped
1 leek, including the green bits, washed well & roughly chopped
3 garlic cloves, skin on
1 red bell pepper, quartered, seeds removed
2 Roma tomatoes, halved
Extra virgin olive oil, for drizzling
1 small bunch of flat-leaf parsley
4-5 fresh thyme sprigs
2 bay leaves
1 tsp whole black peppercorns
1/2 cup apple cider vinegar
Filtered water, to cover

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Put all the vegetables in a large roasting pan and drizzle with olive oil, tossing to coat. Roast for 45 minutes, stirring often, until tender, removing any vegetables that cook more quickly.
3. Transfer all vegetables to a large stockpot over medium heat. Add the herbs, peppercorns, and vinegar; then add filtered water to cover and bring to a boil. Reduce heat to low and simmer for 2 hour.
4. Leave to cool, then strain through a sieve lined with muslin (cheesecloth).
5. Store in airtight containers in the fridge or freezer and use as needed. Broth will keep in fridge 3-5 days, or in the freezer for 4 weeks.

Vegan vegetable broth

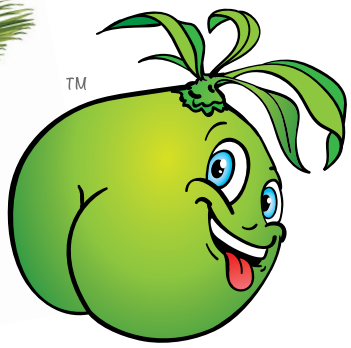
4 cups 2 1/2 hours

Flavorful, nourishing broth is a staple in any healthy kitchen, and this one is super easy, nutritious, and oh so delicious! It extracts a wealth of goodness from an array of glorious vegetables to provide deliciousness alone or with a main dish.

Roasting the veggies first brings out the natural sweetness and flavor. Once the broth is made, use the roasted veggies in other recipes for healthy foods all the way around.

NOTES

Feel free to use any vegetables and spices you have on hand. The longer you let the stock simmer, the more flavorful it will be.



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- Lactobacillus Casei – Inhibits inflammatory response
- Lactobacillus Bulgaricus – Draws away toxins
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- Lactobacillus Salivarious – Protects against cavities and gingivitis
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Natural Digestive Care Expert
I-ACT Past President 1995-2005

I'm Brenda Watson, a natural health practitioner and founder of VITAL PRO Naturals. As a digestive care expert, I have helped millions address their occasional gut issues for the last 25 years.

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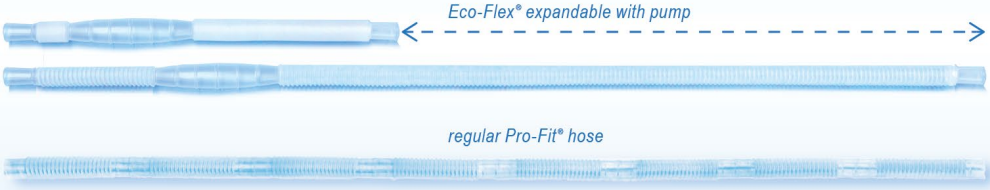

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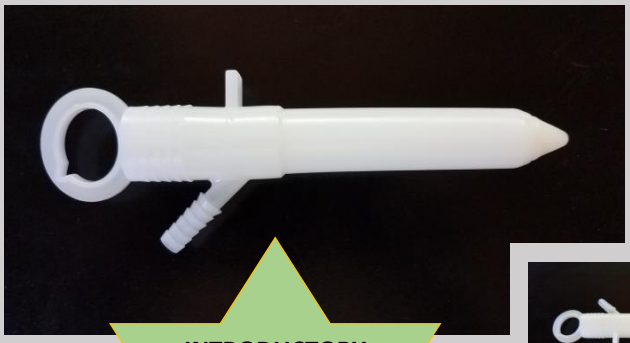

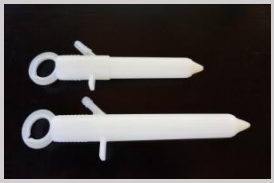

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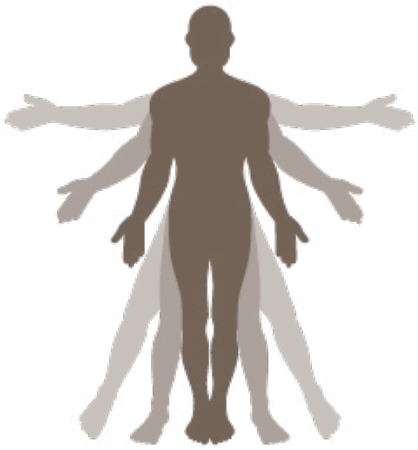
Information on Approved A&P Courses



Your students may take an A&P course through their local community college or university. If they have taken an Anatomy & Physiology course for massage, from a state licensed school that provided at least 45 hours of classroom time, that course will also count.

There are two courses that may be used for the A&P pre-requisites.

Your student may take the Delmar course through **CENGAGE** Learning, ***ONLY*** if you as the instructor or school register with Delmar and set up the program. It goes through you; students ***MAY NOT*** call Delmar directly, it doesn't work that way.

The Instructor must Contact:
Melanie Kessler: Cengage Learning at, 5 Maxwell Dr., Clifton Park, NY 12065 (p) (518) 348-2476. Use the link below to get started.
https://k2.cengage.com/Runtime/Runtime/Form/I-Act+Order+Form/

or email: Melanie.Kessler@cengage.com - Valid in the USA.

Corexcel: Course Number: CXW0035
Course Fee: $318.00
Point of Contact: Kysha Mowbray, (888) 658-6641, learn@corexcel.com

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Professional liability insurance.

Allied Professional Insurance will write professional liability insurance for I-ACT members. You must be a current member and keep your membership current to be eligible for the insurance. Contact the I-ACT office (210-366-2888) for the application form, or go to the I-ACT web site - Members Only Section - and download the application from the web site.

Doctors' Insurance Agency also writes professional liability insurance for colon hydrotherapists. Email them at: info@doctorsagency.com. They are located at 6 Hamilton Landing, Suite 170, Novato, CA 94949. Phone 415-506-3030.

Another company, CM&F may write liability insurance for colon hydrotherapists (**they have dropped numerous therapists, but some are getting insurance**. - call 800-221-4904, or go online to cmfgroup.com. It will be listed as "Enterostomal Therapist." They will put a rider in the policy stating colon hydrotherapy if you request; however, it is not required - this depends on the underwriter of the insurance.

In Canada, try Lloyds of London - check with your local Lloyds of London agent. In the UK, try Balens Insurance Brokers at 01684 893006.

In the Netherlands, try: Mark Hypotheken & Pensioenen B.V., Therese van Reeuwijk
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Check around and choose the best policy for you. As other options become available, we will let you know. If you hear of anything let us know.

Following is a list of our new members for the period 1/1/2022 through 3/31/2022.
We are glad to have you as members. Remember, at I-ACT you are important to us!

First Name	Last Name	Home City	Home State	Country
Julie	Allen	Squires	MO	USA
Kim	Benson	Houston	TX	USA
Theresa	Bervaldi	Miami	FL	USA
Sherri	Bundy	Antioch	CA	USA
Jill	Clements	Midland	TX	USA
Erinn	Criner	Lincoln	NE	USA
Margaret	de Leon	West Chicago	IL	USA
Sarah	Ferguson	Yorba Linda	CA	USA
Kelly	Ferreira	Arroyo Grande	CA	USA
Leah	Fite	Milford	OH	USA
Laura	French	Milwaukee	WI	USA
Sydney	Gaskell	Waukesha	WI	USA
Justina	Green	Elk Grove	CA	USA
Jasmine	Guillot	Lodi	CA	USA
Tiffany	Harrington	Merrillville	IN	USA
Margaret	Hartwell	Orinda	CA	USA
Cristina	Holmes	Camarilo	CA	USA
Melissa	Johnson	Silverton	OR	USA
Cathy	Jones	Patterson	CA	USA
Merika	King	Blue Mountain	MS	USA
Janine	Lawrence	Valatie	NY	USA
Crystal	LeMaster	Lexington	KY	USA
Carla	Martinez	Davenport	WA	USA
Erin	Maxwell	McKinney	TX	USA
Mary	Moran	Clarksville	TN	USA
Melissa	Nolff	Thousand Oaks	CA	USA
Christina	Ogdel	Longview	TX	USA
Jeremy	Payne	Eagle	ID	USA
Mallory	Perry	Brunswick	ME	USA
Rebecca	Porter	Lawrenceville	GA	USA
Mia	Quinn	Valencia	CA	USA
Zuleika	Ramos	Bayamon	P.R.	Puerto Rico
Sara	Scott	Beaver Falls	PA	USA
Kristine	Siltberg	Dresser	WI	USA
Alexandria	Simmons	Arroyo Grande	CA	USA
Kelsey	Smith	Duluth	GA	USA
Dominic	Stewart	Ontario	CA	USA
Sandra	Taylor	Frazier Park	CA	USA
Mihaela	Theodorou	Voluntari	IF	Romania
Tenna	West	Cincinnati	OH	USA

Welcome New Members

Colon irrigation devices are prescription devices by federal law. A practitioner licensed by state law to use such prescription devices must authorize the purchase of the colon irrigation device, must use or supervise its use, and must order each colon irrigation for a patient."